

# Author Response to manuscript: "Religious Behavior, Sleep Quantity, Sleep Quality, and Sleep Disorders in American Adults"

Sat Bir Khalsa, PhD

This letter states, “Khalsa and others have reported benefits of spiritual practices in the management of poor sleep quality reported benefits of spiritual practices in the management of poor sleep quality,” and cites our study as a citation for this statement. Our study did no more than acquire a few anecdotal reports from some students that sleep was improved with yoga practice. I do not believe our paper can be used as a justifying citation for this author's statement. There are other citations that are much more appropriate supporting the contention for yoga-mediated improvements in sleep.<sup>1-4</sup>

Furthermore, it is a little misleading to indicate that we “reported benefits of spiritual practices” in reference to our yoga intervention study, especially in the context of the authors' subsequent discussion devoted to religious practices. Yoga is a non-religious, mind–body practice, although yoga practice may have some effect on spirituality.

Sincerely,  
Sat Bir Khalsa

## References

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